



THE

SPECTRUM

WEDNESDAY, NOVEMBER 4, 2015

"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

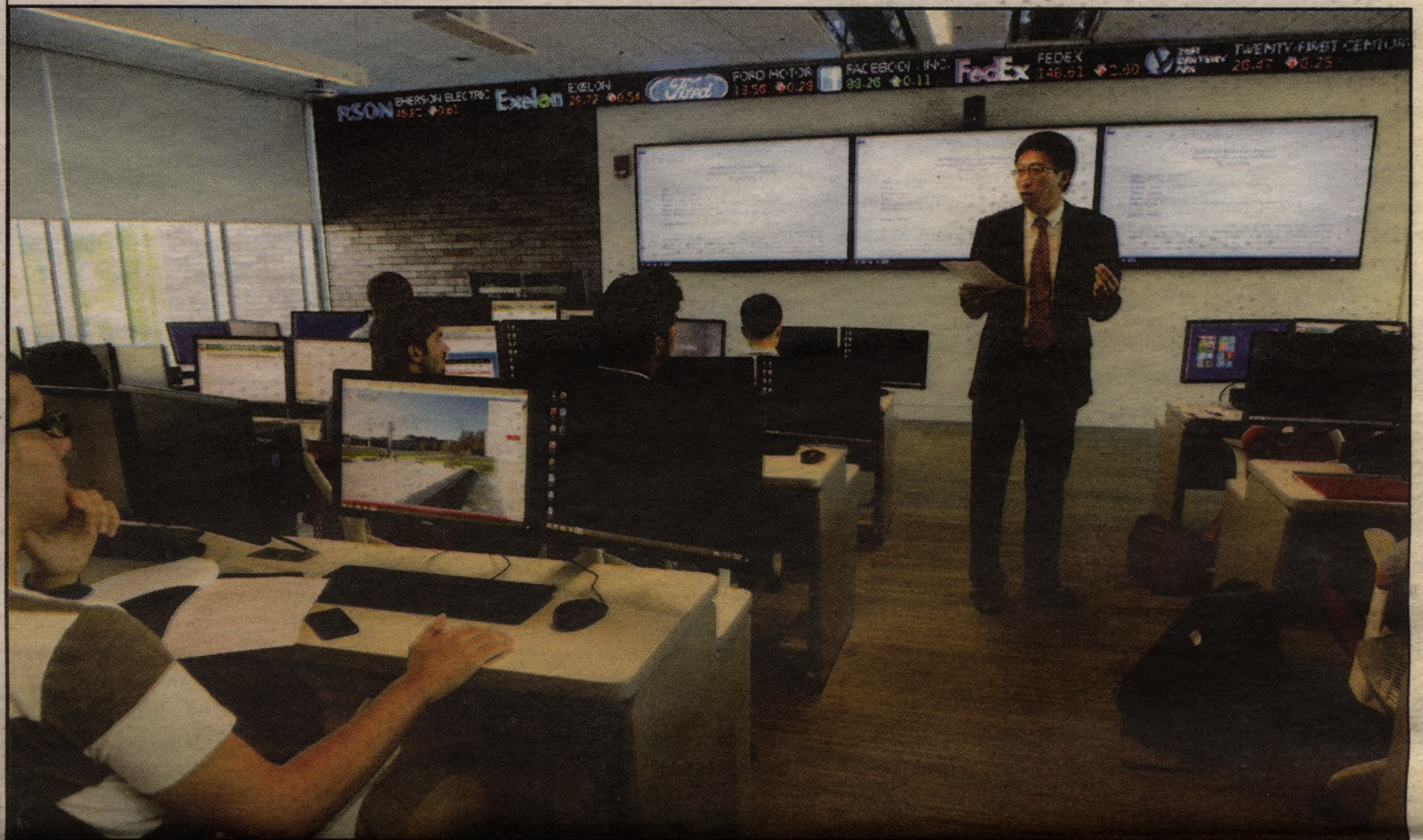
VOLUME 35, ISSUE 7

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Recognition for the College of Business

Jack Welch College of Business Named on Bloomberg's Best Business Schools of 2015



TRACY DEER- MIREK/ SACRED HEART UNIVERSITY

TWEETS of the Week

@ckath_42

"When you text your mom with awesome news and you're super excited and she replies with, 'great.'"

@ohitsstaylor

"Browsing through my Timehop makes me realize I peaked in high school."

@bribono

"Netflix and Chill season is over and I'm feeling more of an HBO and Commitment coming my way."

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!



BLOOMBERG HAS RECENTLY PRAISED SACRED HEART'S PART-TIME MBA PROGRAM

BY CHRISTIAN CARTER
Staff Reporter

Sacred Heart University recently announced that the part-time program for a Master of Business Administration degree at the Jack Welch College of Business was ranked 70th on Bloomberg's Best Business School programs list for 2015.

"It was the only part-time MBA program in Connecticut to make the list," according to a previously published article on the Sacred Heart webpage.

In a report released by Bloomberg Business, part-time MBA programs have been on a two year interview, focusing on what people hope to get after business school, a satisfying, well-paying job. Bloomberg's data has been compiled from more than 13,150 current students, 18,540 alumni, and 1,460 recruiters across 177 distinct B-school programs.

Bloomberg has revised the way it ranks its schools. Now focusing the attention to answer the question, how well does this business school channel its graduates into good jobs?

"We're delighted to receive the formal recognition on the quality of our MBA program that goes with this ranking. It is particularly gratifying as the ranking is based on our current students and alumni satisfaction with the program and their career

progression," said Professor John Chalykoff, dean of the College of Business.

Although the part-time MBA program ranked 70 in the country, it was first in the state of Connecticut.

"Our MBA program is focused on developing strategic thinkers and managers so any major can succeed in the program. Students who have the ability to analyze data, think critically, and communicate their ideas clearly always have an advantage," said Anthony Macari, executive director of Graduate Programs.

Junior Andrew Chunka has considered attending the graduate business program at Sacred Heart. He believes Sacred Heart makes students realize how important it is to take the further steps in your profession, by adding more credentials to your career track with hopes to lead into career success.

"Professors at SHU can apply real life situations into their lesson planning to relate and understand what we're learning," said Chunka.

Chalykoff said there are a number of strong MBA programs in Connecticut, but what differentiates the Welch MBA is the integrated core and the active learning style that it requires.

"It's not a program where a student can sit in the back, take notes, take a test, and move on," said Chalykoff. "You have to be involved and understand the interaction between

finance, marketing, accounting, operations, and management of people and processes. This is also what makes the program effective."

There are also opportunities presented to students outside of the classroom to further prepare them for the future.

"At this semester's career fair, as long as you're a business major, you're set. You sort of have a lot of accounting and finance opportunities compared to other majors to connect with company employers and representatives," said junior Chris Mendoza. "The career fair is a great opportunity that you should take advantage of. It definitely sets you up with valuable interviewing and networking experience."

The Bloomberg rating validates the level of success that Sacred Heart's Welch College of Business has achieved in their part-time MBA program, and even in its undergraduate program.

According to Chunka, Sacred Heart professors incorporate the success stories of WCOB alumni into class lectures and colloquia events to diversify the learning experience and to show students the possibilities after graduation.

"Jack Welch is a prominent speaker who I've had the pleasure of meeting. He is the prime example of success in the field of Business and a man of high esteem," said Mendoza.

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News

“Students bring youth, willingness to learn, and make a difference in the community. SHU officials need to stress this about their students because they are great.”
- Joseph Iannelli

Media Literacy Week

BY EMILY ARCHACKI
Editor-in-Chief

Nov. 2 – 6 is Media Literacy Week in the United States and Canada. This is the first year the initiative is being recognized in the United States.

“Media literacy is being able to assess, analyze, evaluate and create media,” said Dr. Bill Yousman, Director of the Media Literacy and Digital Culture Graduate Program.

The importance of media literacy in today’s digital age is crucial.

“Media literacy is important because we now live in a culture where we’re surrounded by media almost 24 hours a day,” said Yousman. “I think for anything that takes up that much of our time, it would be really important to have some kind of critical understanding of it.”

The Global Critical Media Literacy Project helps spread awareness of the week. The project is made up of three different organizations: Action Coalition for Media

Education, Project Censored, and the Media Literacy and Digital Culture graduate program at Sacred Heart University.

“One organization is Action Coalition for Media Education (ACME), they’ve been around for some time. They are devoted towards independent, critical media literacy education,” said Yousman.

Project Censored tracks mainstream news media organizations.

“Every year they put out a yearbook of what they call ‘The Most Underreported Stories of the Year.’ These are stories that are crucial that the mainstream media don’t pay much attention to at all,” said Yousman. “Our graduate program fits very well with the mission of those two organizations in terms of encouraging critical thinking about media.”

Sacred Heart is offering a brand new media graduate program this year, Media Literacy and Digital Culture.

“There are two different tracks. A concentration in Children, Health and Media which really focuses on how

people can develop their understanding of the impact that media has on children’s lives, health, and their relationships. The other track is Media and Social Justice, which focuses on the role media plays in either reinforcing or challenging things like inequality and social justice,” said Yousman.

The degree track is a one-year program running from August to August within a calendar year. The program consists of six, eight-week-long modules. At the end of the program students will have completed 36 credits, including a capstone project.

On Nov. 12 from 4 p.m. to 6 p.m. in the Martire Forum the School of Communication and Media Arts is having an event for all Sacred Heart undergraduate students to learn more information about all media graduate programs.

“I think the best way to become media literate is to get involved in a program like we have at Sacred Heart,” said Yousman. “I think becoming involved in some form of media curriculum education is the best way to develop your understanding of media.”

Sacred Heart Reacts to News 12 Neighbor Complaints

BY GABRIELLA NUTILE
Co-News Editor

News 12 Connecticut recently reported that the residents of Bridgeport have been fed up with their Sacred Heart University neighbors. They are demanding that officials put an end to all the mayhem that they claim students are causing for the city.

Some of the residents’ complaints consist of the devaluing of their homes due to the students behavior, students illegally parking and littering, and the parties being too crazy. Bridgeport citizens have even taken pictures to show university officials to help their case.

Junior Jim Kent thinks that if there is any blame to be put on someone’s part, it might have to be Sacred Heart due to their lack of on-campus housing, which correlates to the significant increase in student size.

“Other students and I were thrown off of campus my sophomore year when I was supposed to live with 10 of my other friends in Christian Witness Commons. They basically waited until August to tell us they were moving my friends and me to Oakwood, which is further from campus,” said Kent.

Kent now lives off-campus because of his frustration with the way campus housing is done here. He believes that the students are not at fault and asked, “Where are we supposed to go?”

Director of Residential Life, Joel Quintong, may be able to help with that question.

“I strongly recommend to students and families that they seriously consider the options to reside in SHU-housing and not immediately jump to the idea of living off-campus. I am convinced that our housing offerings are superior in amenities, support, and value when compared to the typical off-campus options,” said Quintong.

Sacred Heart requires that their students reside on campus both their freshman and sophomore year. Quintong pointed out that this gives the students ample time to adapt and learn about what it means to live in a community and all that it entails.

Kent, who lives on Quince Street, has to answer to his landlord, Joe Iannelli. Iannelli is a college-graduate himself and can relate to the Sacred Heart students situation.

“I feel that some of the neighbors just don’t understand students living off-campus. They have a big misconception about SHU students. SHU students, in my dealings with them, are great student neighbors,” said Iannelli.

Another student has similar feelings towards this issue. Junior Lauren Oddi believes she and her housemates act nothing like the complaints that the Bridgeport residents reported.

“We’re very mindful of our noise level, we take our garbage out, and we respect the property of our neighbors. You are obviously going to have a diverse group of students where some are going to be conscientious of their behavior and others are not going to. The residents of Bridgeport are taking the few who are not respectful and generalizing for the whole SHU population, and that’s not fair to us, the students,” said Oddi.

The News 12 Connecticut report has caused a lot of controversy amongst the communities of Sacred Heart and Bridgeport, but Iannelli likes to focus on the positive that Sacred Heart’s students provide to the surrounding area.

“Students bring youth, willingness to learn, and make a difference in the community. SHU officials need to stress this about their students because they are great,” said Iannelli.

Iannelli also vowed to keep leasing to Sacred Heart students, “I will always lease houses to the students. I enjoy being around young people who want to make a difference in the world.”

Veteran Writing Workshop at SHU

BY DAVID RUSSO
Staff Reporter

On Oct. 28, Sacred Heart began a free six week writing workshop that is targeted exclusively at student veterans and their families.

The goal of this workshop is to help both veterans and their families find the words to allow them to tell their stories in a strong and powerful way.

The idea came about between professor Sandra Young Ph.D., who is in charge of the seminar, and Tracy Deer-Mirek, assistant director of communications. The two then reached out to an outside writer to help come up with ways in which writing could benefit veterans.

“They have stories to tell and their voices need to be heard,” said Young. “The point of this event is to communicate their memories and meanings, by connecting civilians through empathy.”

Over a course of six weeks, participants will practice writing different genres, receive feedback and guidance to improve writing, share their voices and perspectives, as well as read literature of war experience in order to polish their writing.

During the first workshop, the group started by introducing themselves and discussed about what they would like to

get out of the workshop in general.

Young then assigned them to write about what they feel is important to them and to bring it for next class. They will then exchange stories with someone else and read them out loud.

“I hope that being in a safe environment with people of like-mind they can come to terms with their ‘demons’ to deal with whatever issues that they want to deal with,” said Young.

Even outside of the six-week workshop, Young has been working with veterans to accomplish these same goals.

“Professor Young has been my creative writing mentor for over two years and through her guidance my writing went from raw and unfocused, to crisp and powerful,” said William Sanchez, a student veteran and copy editor on the Spectrum. “She is one of the few people I trust with my writing; she makes me feel safe.”

The workshop is open to any veteran regardless if they served during a time of war or not. It is also open to family members in order to provide them an outlet as well.

“I want to give them a voice and to be in a community of writers in a safe place to deal with every kind of issue through writing,” said Young.

The workshops will run for five more Wednesdays: Nov. 4, Nov. 11, Nov. 18, Dec. 2, and Dec. 9, in room HC210.

SHU Responds to Halloween Assault

BY ALLY D’AMICO
Co-News Editor

On Saturday Oct. 31, authorities were called to Sacred Heart University regarding a sexual assault that took place at an off-campus party after a female student reported unwanted sexual contact.

The 19-year-old perpetrator, who was identified by police as Frank Anthony Sapienza from Bronx, N.Y., was visiting a student at Sacred Heart when he dressed as a police officer and attended a Halloween party nearby.

The female victim stated that Sapienza kissed and groped her which continued even after she told him to stop numerous times. Witnesses at the scene also corroborated with the victims story.

After Sapienza admitted to the police that he didn’t stop when the victim told him to, he was arrested and charged with fourth-degree sexual assault.

The story has gained local attention but some find this to be an inaccurate depiction of Sacred Heart students.

“I think it’s a shame that Sacred Heart gets associated with this just because it was a SHU party,” said senior Carlo Fiore. “The perpetrator wasn’t even a SHU student.”

In a statement released by the university, it does clarify that Sapienza was in fact just visiting.

“A guest of a Sacred Heart University student was arrested last night for an alleged sexual assault in the 4th degree on one of our students,” the report said. “However, our University sexual assault team was immediately called into duty and were on the scene last night to offer counseling and any other assistance needed.”

Although Sapienza is not a student at the university, the female victim was and the public safety team reacted accordingly.

“Overall this was a bad situation, but I was glad to see that Sacred Heart was proactive about it and reacted appropriately so things like this don’t happen again,” said senior Alyssa Bonacum. “It’s good to know that they have the students’ best interest at heart and were able to solve this quickly.”

There are precautions put into place, including a sexual assault team, in order to ensure the safety of every student.

“The safety and well-being of our students is our highest priority. Sacred Heart University takes allegations of sexual assault very seriously,” said the statement released by Sacred Heart. “We will continue our efforts to ensure an atmosphere that is both safe and secure.”

Perspectives

Putting an End to the Water Jug Controversy

SHE SAID

MELANIE...



This is a public service announcement to all the guys (I'm not trying to be heteronormative here, I've simply never seen a girl do this) who carry around a jug full of water everywhere they go.

To you, I must ask:

Are you that thirsty?

This, more than anything else, grinds my gears to the point of near insanity.

Every time I see a guy carrying around a jug of water, I want to approach him, grab it out of his hands, and throw it on the ground.

Did you know that your body only needs half its weight in ounces of water a day to function?

A jug can hold up to 128 ounces of water. Therefore, your body does not need that much water unless you are a 250 pound Olympic athlete.

Do you think carrying around a giant jug of water makes you look cool? How heavy are those to carry around?

Are you so obsessed with working out that you need to do bicep curls with your jug of water to pre-workout before working out?

Does this sound crazy? Good, because that's how you look.

Not to mention how awful these things are for our environment.

Instead of wasting all that plastic, how about you invest in a reusable aluminum water bottle and help save the Earth so maybe someday your grandkids can grow up in a world that actually has some resources?

We do not live in a desert where water is limited. This is not the movie, "Holes." You aren't working 13 hours a day in the hot sun with barely any breaks to get a drink of water.

Here at Sacred Heart University, we have these wonderful things called sinks, water fountains, and even Brita hydration stations.

You literally have an endless amount of water at your fingertips. Drink up that nice Bridgeport water; it's good for you.

I'm pretty sure you can refill a regular-sized bottle like everyone else. Unless of course, that would be too much effort. You know, because it's no effort at all to lug around an extra five pounds everywhere you go.

I hate to be the one to break it to you, but you look stupid drinking out of those things.

There's such a large amount of water with such a small opening that it's near impossible to take a sip without spilling.

So, congratulations; because you're too lazy to refill a water bottle, it now looks like you have a serious sweating condition.

A wise woman once told me to never date a man if the windows in his car needed to be hand-cranked in order to roll them down.

Now, I will offer my own dating advice to the people of Sacred Heart.

If you see someone with a jug of water, my guess is that they care too much about their physical appearance to love someone else.

Say what you will, Anthony. But there's a reason you refer to yourself as a "retired carrier of the item." Seems like you wised up.

I'd like to end this by saying that I do not think less of you if you carry a jug of water. I do think it's pretentious, unnecessary and flashy.

If you can offer me any functional purpose carrying a jug of water serves, I'd be more than happy to listen to what you have to say.

But for now, I'll stick to refilling my Poland Spring.

HE SAID

ANTHONY...



It is evident the girl who wrote the column to my left is not a fan of people who tote around big water jugs.

As a retired carrier of the item in question, I have been called upon to defend its relevance in our society.

"Are you that thirsty?" she asks.

Maybe I am, Melanie.

For the record, I'm not mad at her for her views, but I will try to put her views' credibility to rest.

After all, I have a brand of people to defend: the water jug suppliers, and those they serve.

What she and all haters of the jug don't understand is that there is a good reason one keeps that much water on them.

I kept mine because I play team tennis throughout the year and don't have close access to a water fountain during a typical practice.

And with classes sandwiching that

practice time, I thought to myself,

"Why not keep this jug on me?" Plus

it was free, so there's reason number

three for my possession of the jug.

Reason number four—the final

reason—I used the jug for a little while

is because...why not? It's an extra few

pounds to carry around.

That doesn't do much harm.

And me, or anyone else, using one

does not immediately waste plas-

tic or harm the environment, by the

way.

I understand if people keep buying

them, then manufacturers will keep

making more and that could do dam-

age.

But the one I got was already in a

store, just sitting on a shelf, waiting to

be disposed of somehow, somehow.

The functional lifespan of a water

jug could be 50 years; and it could be

50 days just the same. In our wasteful world, the Teslas and Priuses have better chances of making a real difference.

I don't litter, and I try my best to distinguish between what needs to be recycled and what doesn't.

With that said, I'm not going to lose sleep over a product that is indeed reusable, and just as resourceful as an aluminum water bottle.

What am I going to do, throw out a new water jug every day?

To consider another possible reason for using this kind of water carrying device, what if somebody keeps one because they have a condition that requires lots of water? Like an abnormally large or needy bladder?

That may sound ridiculous, but it could be good for my argument, so I'm going to play the sympathy card.

I'm also hoping the politically correct people reading this will be afraid of offending anyone and rally support for those with needy bladders.

We can make it a whole crusade, just like the International Paruresis Assn. did against the Rob Lowe DirecTV commercial that poked fun at people with shy bladders.

By the way, not being able to "go" in a public restroom is a common issue—one I even face sometimes.

Take the joke.

Even I, to an extent, believe carrying a water jug all day is kind of silly.

But everyone needs a little silliness to get through long days.

Plus, I've struck numerous conversations over my mini water tank, and I'm sure other users have, too.

My conclusion on the matter is this: make fun of a person carrying a jug of water all you want; at least they're hydrated.

Registration Woes:

**Halloween might be over, but the horrors of registration have just begun.
Here's a collection of the worst parts of trying to get into a class.**

"Registration is a combat sport."
~ Professor Ruth Grant

"When you run to the Registrar and it's like the Hunger Games..."
~ Sophomore Meliha Guitc

"When every class for your major is already filled up before you register."
~ Sophomore McKenzike DeGroot

"I was sprinting through the halls in PJs and slippers because I had a block on my account."
~ Senior Lindsey Balukonis

"Freshman year I made two schedules and by the end of registration I had five 8 a.m.'s. Neither of my schedules had 8 a.m.'s on them."
~ Senior Thomas Bianco

"I hate people who don't have trouble with registration."
~ Senior Alexandra Derochers

Perspectives

POET'S CORNER...

"Eyes"

By: Freshman Eric Torrens

They say eyes are windows to the soul
And now that you've pulled back the curtains
I should warn you other eyes have taken their toll
And have left me uncertain

But it wasn't always this way

Our conversation is headed no where
You and I both know it but
I ask you to stay

Because
With whites more precious than ivory
Paired perfectly
to the unpredictability
of the blue sea

Sit your eyes

Infinity
Endless possibility
They unlock my heart and set it free
Unexplainably
Inconceivably
Beautifully

Icy eyes so blue they chill my thoughts to snow
And with no where else to go
I continue to tell you things you already know
I am like a fool in your circus show

I should tell you that
Although my family crest
Is adorned with the phrase
"I saved the king"
I don't feel very royal
I'm kind of a mess

You see I have been wondering for years wondering
How to appreciate the rain
through all the lightning and the thundering
Stumbling
Desperately searching for something
As proof to myself that I am not nothing
Fumbling
Battling Mother Nature and Father Time
Both at once to be someone worthy
Of your eyes

I feel serendipity is killing me.
Always longing for you and me together;
We
Just because I'm colorblind does not mean I can't see
You

It's true they say
The eyes are windows to the soul
Now that you've pulled back the curtains
Your eyes are taking their toll
I have never been more uncertain

That after my foolish comparisons to ivory
and the sea
will your eyes still welcome me?
Infinitely;
with Endless possibility
Those Icy eyes so blue they chill my thoughts to snow
And with no where else to go
I will continue to tell you things you already know

Make me the fool in your circus show
It is only after storms do things truly begin to grow
I may not have saved the king
But if there is one thing I know
It is that
I found my answers in your eyes
I realize
You look surprised
You ask me if the things I said are true
I respond
Yes
My heart is blue
Your eyes are too

How Do You Learn?

BY ILARIA DEANGELIS
Staff Reporter

Discussions and lectures are two of the main methods of teaching at Sacred Heart, but which one is more effective? And which learning method do students prefer?

Writer of the New York Times article, "Lecture Me. Really," Molly Worthen said, "There is an ominous note in the most recent chorus of calls to replace the 'sage on the stage' with student-led discussion."

This seems to be the similar opinion of several Sacred Heart students and professors.

Recently, the popularity of classroom discussions has grown, and many students are finding discussions more beneficial than lectures.

"In lecture, questions aren't really encouraged," said sophomore Hailey Erwin. "If you have a question you may have to hold onto it for later and may end up forgetting it."

Associate Professor and Director of Freshman Communications, Dr. Richard Magee, provided not only why he believes that discussions are beneficial teaching method, but also how he likes to incorporate both lecture and discussion into his classes.

"The thing I like about discussion is that it can go anywhere," said Magee. "You're not locked down to talk about one particular thing. The conversation can go off into other, more interesting directions. It creates a great conversation that the students can get involved in."

From a student's perspective, the quality of a discussion can lead to advantages outside of the classroom.

"I prefer discussions over lectures," said sophomore Melissa Hart. "I like having the teacher know who I am, which makes me more comfortable to go to their office hours and ask more questions if I didn't understand something."

Perhaps the most effective form of learning is a combination of both lecture and discussion.

"I like a combination of both lecture and discussion when I'm teaching. About one third of the class is me talking and the other two thirds is me guiding the discussion, and the students can put their input," said Magee.

Discussion can be more beneficial depending on someone's specific major.

"I think discussion-based learning is better for my science major because we learn about many things during lecture that we review in discussion so that I can understand it better," said Erwin. "If we were to only have lecture then I would have difficulty understanding the material."

While many students prefer discussions, others see the value of lecture-based classes.

"Lecture gives you the benefit of having the facts presented in front of you," said sophomore Nick Cavallone. "The professors are always able to explain the information to you later if you don't understand something."

"I personally prefer lecture, because I tend to think of myself as a history person and lecture is most efficient way of teaching in that sense," said Cavallone. "However, I believe college is supposed to give you a well-rounded education, therefore one type of learning would be ineffective for a wider range of subjects."

LOL, TTYL, BRB

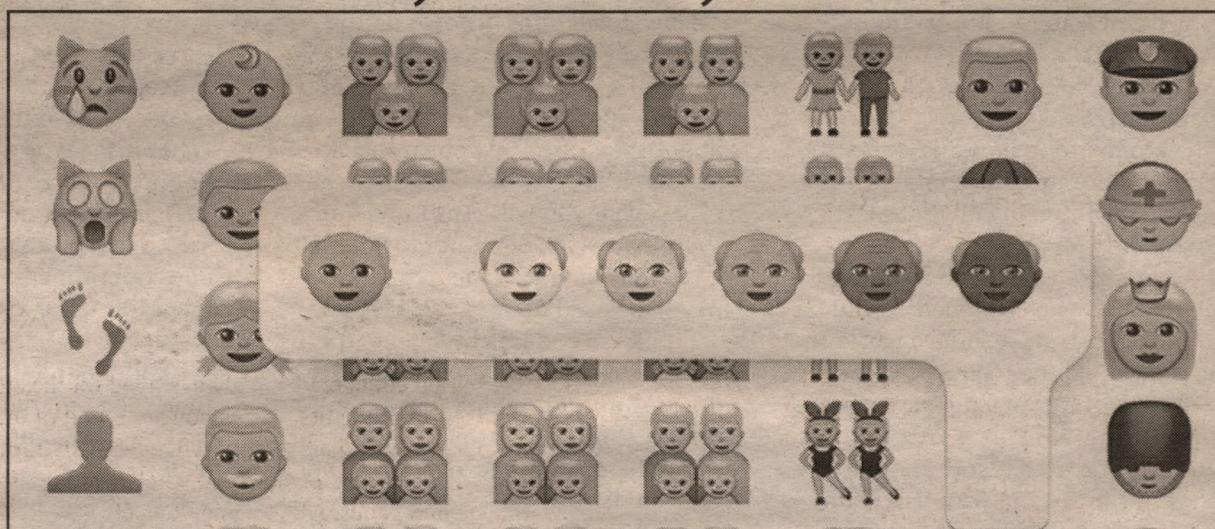


PHOTO COURTESY OF AP

EMOJIS GIVE THE SMARTPHONE USER A NEW WAY TO COMMUNICATE WITH FRIENDS AND FAMILY.

BY JENNIFER BAUCH
Staff Reporter

Sometimes there are not enough words to describe how you feel. So why use any words at all?

The most recent iPhone software update introduced 184 new Emojis. There are now seemingly endless options to convey any mood and expression.

The update, released on Oct. 21, is also available to Android and other smart phone users. It has made texting more entertaining for some Sacred Heart University students.

Sophomore Danielle Laporta said, "I like using Emojis because it adds character to the conversation. I usually use them to express if I'm feeling happy, funny, or angry."

Many people believe Emojis add flare to otherwise boring text conversations.

"The new update for Emojis is the best yet because they finally added a middle finger, rolling eyes, taco, and a unicorn, which basically describes my life," said Laporta.

When using Emojis through texting and online communication, some may find that there are many options that can replace almost any word in our everyday vocabulary.

Emojis can also be used to replace different slang such as "LOL" or "OMG" that some have been using ever since AOL Instant Messenger became the first popular form of online communication in 1997.

"I use Emojis in every conversation I have," said senior Amanda Mounayar. "There is an Emoji for pretty much everything, which I think makes texting more entertaining."

Being able to say more through Emojis without using any words has also made the use of this popular form of communication more appealing for some students.

"There are so many to choose from and I can select any Emoji to best describe my feelings or reactions to something," said Mounayar.

Some students believe that sending certain Emojis, such as a red heart or yellow smiling face, can express even more than words.

"I think that online communication has made friendships easier to maintain," said senior Taylor Langon. "Since I am away at school, I don't get to see my friends from home as often as I'd like. Texting and Facebook messaging has allowed me to stay in contact with my friends and using Emojis is just a bonus to make the conversation even more fun."

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20 Reasons Being in Your 20s Sucks

MELANIE VOLLONO

PERSPECTIVES EDITOR



As I turned 21, my mom told me to enjoy my last carefree birthday. I have now begun to understand what she was saying.

Language Restrictions: Cursing is inappropriate in most, if not all, adult social situations.

You're Broke: Being in my early twenties means I live off what I make at my work study and the occasional babysitting gig. For those of you adding it up in your head, that's rent, groceries, gas, utilities...you get the idea.

Looking for a Job: As stated above, we have a lot we need to pay for. In order to do that, we need to find a job. Ew, responsibility.

Writing a Resume: A good resume is a vital tool in our adulthood toolbox. It's basically a Tinder profile, but for academic achievement.

Social Interaction: In the growing up handbook, there's an entire chapter dedicated to social etiquette. One I don't have time to read.

Getting Taken Seriously: Being in your twenties means nobody takes you seriously. You still get carded for R rated movies and feel comfortable ordering off the kid's menu at the diner. Not many adults will listen to someone who still colors on their menu.

Goodbye Fun: If you want a career, you can't stay out until 3 a.m. You have to be productive with your time.

Getting Out of Driving Tickets: The only arguably good thing about being 16 was the excuse, "I'm sorry officer. I'm just learning how to drive!" We've now been driving for 5 years and the excuse, "I didn't see the one way sign because I forgot my glasses" got me a \$107 ticket.

Eating Habits: Somewhere in the college years comes the realization that our bodies can't survive off of energy drinks and Fritos. Every once in a while, we need to eat a... *shudder* vegetable.

Food Is Expensive: Food is a necessary evil. You don't realize

how expensive food is until you're grocery shopping every week.

Financial Responsibility: If you're 21 and don't know what a checkbook is, it's time to learn. Being too drunk to stop yourself from ordering 6 pizzas doesn't cut it in the real world.

Your Body is Changing: Have you noticed that once you hit twenty, you find that you throw up after riding a roller coaster you used to go on all the time?

...Your Body is Exactly the Same: So your body can't do fun things anymore, but it can still decide to have acne? That's fine.

Your Body Hates You: Why did you gain five pounds when you've been eating and exercising the same amount as always? Ask your twenty-year-old body.

Your Body Really Hates You: Seasonal allergies? Never heard of those before? Well, your body now likes to stop breathing every time the weather changes.

Laundry: Whites, colors, delicates, tumble dry low...Do I even have to explain this one?

Teenage Relatives: Was I this annoying/awful/emotional when I was 16? The answer is yes. Look back at your unicorn diary.

Commitment: Your twenties are a time when a bunch of friends and family will start to get married. If you want a life partner, now's the time to start looking. As if you didn't already have enough to do.

What's a 401-K?: I feel like a 401-K is the last piece of the adulthood puzzle. Every adult knows what a 401-K is. What is it, you ask? I have no clue, and I don't plan on googling it for another 7-9 years.

Babies: The average person becomes a parent by age 27. Last week, I left my phone in the refrigerator for 7 hours. I am not responsible enough to bring a human into this world.

Even though I'm somewhat of a cynical person, I don't mean to be discouraging. Sure, the twenties can be a trying time, full of new experiences. But that's what makes it worth it. And after the twenties, we have the glorious thirties to look forward to....



Live For the Stories

CHRISTIAN COLON

ASST. NEWS EDITOR

Ever since I started college, I have always lived for the stories. If you find yourself in a situation where you are afraid of the aftermath, just realize how that moment will eventually turn into a memory that you will want to share. All you have to do is be adventurous and courageous, while being yourself.

Have you ever found yourself with a group of friends in the middle of Times Square not knowing what to do? I did and it was one of the best nights of my life.

It was a summer night in New York City and my friends and I wanted to go see "America's Got Talent" at Radio City Music Hall. Seeing so much talent on a stage where millions aspire to be was something I was looking forward to. The only thing we needed to do was wait in a line for tickets. Our luck surely crashed when an officer came over and told us the tickets were sold out.

We found ourselves walking around every store hoping something fun to do would come to mind. When you imagine the city, you see a few Elmo's, a creepy looking snowman, and of course at least one Batman. However, something you cannot miss are the people yelling "Get your comedy tickets here, you don't want to miss this!" When you offer college students a cheap form of entertainment, it is very hard to reject it. So of course we accepted the seven-dollar tickets to a comedy show.

The show was at 8:00 p.m., and around 7:50 pm. we decided not to go. We realized we had no idea who these people were, and Google only had horrible reviews. So this was when the

night really got interesting.

While standing near the famous Times Square red stairs we decided to play a prank on the thousands of people there. My name was now Cristiano Ronaldo, and I was an HBO actor.

I grabbed my phone and sat with random people on a bench. I pretended I was on the phone reminiscing about an audition I supposedly just got back from, hoping someone around me would notice. In a matter of minutes two of my fans (who were actually my friends) began screaming my "name." I became alarmed and tried to wave them down as if I didn't want people to notice I was someone famous. They came over and screamed even louder, pleading for autographs and pictures. This is when people started thinking I was actually a celebrity. As I was taking pictures and signing their autographs, a lady and her son came up to me. She was convinced I was actually a celebrity and wanted me to take a picture with her son, who was about 11 or 12 years old.

This is what I mean when I say I live for the stories. Every day you want to make sure you create a memory. Even if it's a crappy day where nothing seems to go right, just remember to live for the stories. Something from that crappy or great day will be a great story to tell. This phrase makes you more adventurous. You should always be responsible, but never afraid of what might happen. If I had been worried about what people would have thought about me, I would have never created such a great memory at Times Square.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Features

Veteran Spotlight

United States Marine Corps Sergeant Edgar W. Pascua

BY NICOLE CANNIZZARO
Features Editor



PHOTO COURTESY OF EDGAR PASCUA

PASCUA RELAXES WITH HIS CHILD

Junior Edgar W. Pascua is a veteran of the United States Marine Corps. His enlistment lasted from Dec. 2010 to Dec. 2014. While in combat, he was stationed in Afghanistan, South Korea, and Japan.

Q: What are your best memories of your service?

A: Seeing the growth of the Marines under your charge in terms of maturity as well as ability. I know it's not really a personal thing, but knowing you played a big role in the development of another human being is a really good feeling.

Q: What was the hardest part about transitioning back and forth?

A: Right now my biggest struggle is definitely all the meds. [I'm] currently on anti-depressants, anti-psychotics, as well as sleep aids. Unfortunately, it seems like my body is getting used to them since I'm going back to my 2 hours of sleep per day. At first,

it wasn't a big deal because I figured more time to study, but it's pretty draining after a while.

Q: Why did you choose to go to college, and why did you choose Sacred Heart?

A: There were a number of factors that played a role in my decision to choose Sacred Heart University. Ironically my major wasn't one of them. I wanted to see what each school was about. I'm not going to say the names of the schools, but let's just say some university webpages, if you look at their about page, it's just a paragraph or two [with] the history of the school, who the president is, and other facts that really don't have any bearing, in my eyes at least. Sacred Heart, on the other hand - you can tell it's about the students, especially when reading pages such as the core values page. Charity is a big thing for me, I've donated goods from couponing, [and] donated time volunteering as a crossing guard for Family Fun Runs/Assisted in Health Awareness Expos. Diabetes in particular is a close subject since my wife has type 1 diabetes.

Q: What would be something you'd like people to know about young veterans like yourself?

A: It's honestly pretty hard to answer this, since we're all different and our experiences vary. The only thing that I can think of that I can say with full confidence is that we were all willing to dedicate at least four years of our lives to assist in protecting our home.

Q: Do you have any regrets about your service, or now college?

A: Service, not really. The only thing that was negative was the amount of time away from family. Been away for practically half of my daughters life. [I] missed four birthdays, Christmas three times, we'll just say holidays in general, and my son's birth. Wish I could've been there for those, but it is what it is. As for college, no regrets yet. The professors are all very helpful, being away from high school for so long you can imagine during my first semester every time a professor mentioned "this should still be fresh

in your minds." I thought I would fall behind, but with the availability of the professors [and] the whole CLA system, I've been able to maintain good grades.

What are your plans after college?

The way I always pictured it was that I become big in the computer science field, and then I open up a YouTube channel, and answer any questions that the younger up-and-comers have. It wouldn't be about the "likes" or "subscriptions," but the spread of knowledge.

Do you want to serve again?

If I could, I would.

How did your family deal with you being in the service?

It was rough on them. Honestly they probably had it the worst. If you think about it logically, sure I've deployed to places such as Afghanistan, and Korea, but each time you have all those people that you've trained with by your side, your brothers in arms. On the other hand, my wife for instance moved to be with me in North Carolina at Camp Lejeune and I was gone most of the time, whether it be for deployments, field ops, training in the Mojave desert, etc. She had no family or friends in the area, and had to [bring] up two young kids practically by herself. I definitely appreciate all she's done.

Has the Marine Corps supported you since you've been in college in any way?

They pay for my classes and honestly there's no way I would be able to afford to go here otherwise. They also pay for my meds, appointments [and] assessments.

What is your major and what made you choose that?

I got my first computer late in my educational career. I'm talking in high school. It was at a tag sale at my local church, it was a Commodore 64. I'm talking floppy discs the size of small books; ever since that time I've been pretty interested in computers.

Professor Jonas Zdanys Named SHU Poet-In-Residence

BY JORDAN VENTURA
Staff Reporter

Professor Jonas Zdanys completed 11 years of service as the state of Connecticut's chief academic officer and 18 years in the literature department at Yale University before becoming a professor at Sacred Heart.

Zdanys was appointed to the position of poet-in-residence on Oct. 9 which he considers a highlight of his professional career.

"I was very happy to have received this recognition. I am truly and deeply grateful to all those who encouraged and supported me in this appointment and for believing that this appointment would benefit our students and our university as we affirm our commitment to the liberal arts. I am honored to have earned their confidence," said Zdanys.

Over the course of his career, Zdanys has published 44 books of both his own poetry along with translations of Lithuanian literature into English. His work as poet-in-residence has become one of his broader responsibilities at the university.

"Serving as poet-in-residence has enabled me to expand the university's commitments to the literary arts. For example, I am working with the executive board of the English club to begin a new open mic slam poetry series," said Zdanys. "I am also working to develop a new literary

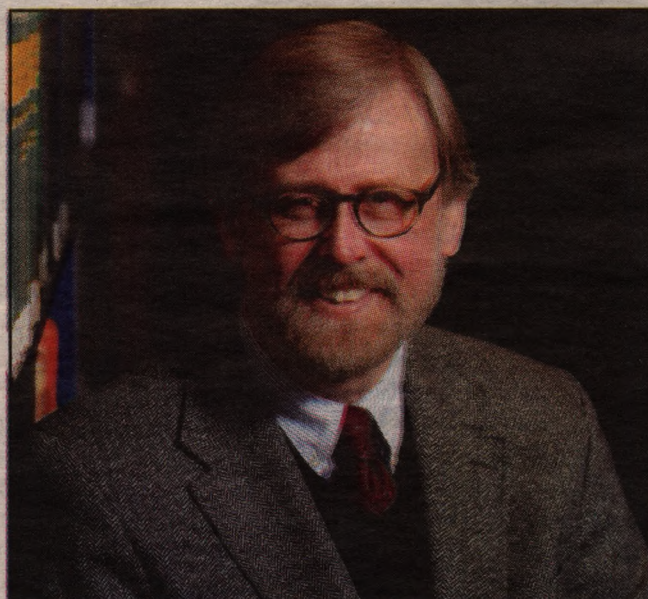


PHOTO COURTESY OF SACRED HEART UNIVERSITY

reading series on campus called 'Sacred Heart Literary Spotlight,' which will bring writers in the early stages of their careers to read their works on campus."

Zdanys' childhood is what brought him to his current life successes, and he encourages students to follow their instincts when discovering their own passions.

"I have been writing since I was a boy and published

my first poem in a national journal when I was fifteen. I have known for a long time that poetry and writing would be an important aspect of my life," said Zdanys. "My advice to students is to find something that you truly love to do and go ahead and do it. The rest will take care of itself. That is the key to personal and professional happiness, and success."

Zdanys has held various positions in his professional career and he views teaching as his biggest accomplishment.

"Each of my positions have provided me with wonderful opportunities to make contributions to institutions and individuals, and to engage in literary activity, and I have enjoyed all of my professional engagements," said Zdanys. "But, I truly love to teach and am delighted to be a professor at Sacred Heart."

Zdanys considers coming to Sacred Heart one of the easiest and best decisions of his career.

"I had several offers to choose from, but I knew how special Sacred Heart is. It is a supportive community, with students and faculty who care deeply about learning and about each other. It is a university that is growing and moving forward towards national prominence," said Zdanys. "I come to campus each day with a smile."

Features

New Health-Conscious Grocery Store Opens in Fairfield

BY KYRA DERSARKISSIAN
Staff Reporter

Bfresh, a new grocery shopping experience, recently opened in Fairfield. The market, whose website claims that it will “freshify your life,” opened for business at 1262 Post road on Oct. 21.

“It’s hard eating healthy as a college student so I’m excited to see a new company come into Fairfield to take over the health food industry,” said sophomore Anthony D’Onofrio.

According to Suzi Robinson, bfresh spokesperson and marketing manager of Fresh Formats, the store is all about providing shoppers with fresh foods and smart values without compromise. The new company offers natural and organic options for foodies who put health first but still crave decadent foods.

“Bfresh is all about fresh foods, smart value, right in your ‘hood. No tradeoffs. We believe it should be possible for anyone who loves food to get fresh food, affordable options, and convenience – right in their neighborhood,” said Robinson. “We believe that affordable fresh food is a

way of life and should be for everyone.”

Bfresh carries vegan, vegetarian, and gluten-free foods as well as antibiotic-free meats, and seafood.

“The days of trading quality for price and freshness for convenience are gone: bfresh eliminates tradeoffs,” said Dan Gormley, bfresh team coach. “We believe eating fresh, healthy food is a way of life and should be accessible and affordable for everyone. Whether you shop fresh and cook your meals every day, stock up for the week or just pop in to grab a fresh meal on the go.”

Bfresh provides customers with access to on-the-spot prepared foods in their “Little Kitchen.”

“The Little Kitchen provides customers with a fresh, on-the-spot authentic experience that brings customers food made from scratch that is always fresh, along with seasonal meals into the store,” said Robinson.

There are new items on the menu daily that include anything from a smoothie, salad, or pizza, to Asian stir-fry, breads, desserts, and coffee.

Customers of bfresh are able to custom create their own nut butters, and choose from several different spices and dry goods. Bfresh also includes a section dedicated

to household and beauty items to create a one-stop-shop destination.

“I feel like this could be a bigger and better version of Whole Foods,” said sophomore Joe Durante.

According to Robinson, bfresh is excited to be in a town that demographically covers several age groups.

“Fairfield is a great community built of families, professionals and students. The love of fresh foods spans many ages and lifestyles and we are happy to be adding to the area’s food culture,” said Robinson.

After hearing about the opening of the store, some students on campus seem eager to see what bfresh has to offer.

“As a vegan at Sacred Heart, it’s difficult to find options and variety on campus. Having an organic food store so close makes it much more convenient for health conscious people like myself,” said sophomore Kelly LaFronz.

Bfresh hours will be Sunday through Thursday 7 a.m. - 9 p.m. and Friday through Saturday 7 a.m. - 10 p.m.

To learn more check out bfresh on Facebook (bfresh/Fairfield) or Twitter (@bfreshfairfield).

Sacred Heart Announces New American History Minor

BY CARA HOYT
Staff Reporter

This October, Sacred Heart University added a new minor in American history available to all students. The history department is now encouraging students to consider the option of receiving this minor and studying American history.

According to Professor McLaughlin, instructor in the history department at Sacred Heart, any major is compatible with an American history minor.

“For students planning on going to law school our history major and minors emphasize the excellent research and writing skills that schools are looking for,” said McLaughlin. “Any major can match well with the American history minor, from business majors to education students.”

McLaughlin also emphasized the enthusiasm the department has for this new program being open to students and expressed how important the historical context found within this program could be for anyone in college.

“The history department is really excited to offer a minor in American history because it has the potential to enhance so many majors on campus by providing

important historical context,” said McLaughlin. “A minor in American history helps to contextualize and potentially problematize the way a topic might have been understood or presented in the past.”

Junior Megan Marcucci is one of the first students to sign up to complete the new minor being offered by Sacred Heart. She is also working towards a major in history for secondary education. She believes that all majors can benefit from studying the country they live in and its past.

“I always find it so wonderful how in my elective classes for history there is a range of students,” said Marcucci. “The class isn’t just filled with history majors; there have been health science majors, political science majors, nursing majors, even business majors.”

The program requires the completion of the HI222 United States History to 1865 course, and HI223 United States History Since 1865 course, along with four American history electives.

“The electives vary from all different eras and topics, so there is never a repeat,” said Marcucci.

For those in the history department like Marcucci, the minor offers an opportunity to focus on American history specifically, while the major requirements are more generalized.

“I’m excited for this to be a minor because I think there

is the greatest interest in American history,” said Marcucci. “Even though learning about modern China or ancient Greece are great experiences, I think there is more desire to focus on American history.”

Some of the upcoming American history courses being taught in this minor include Women in American Society, African American History, and American Environmental History.

Professor McLaughlin will be teaching two courses in American history in next semester.

“Both classes will begin in the colonial period, but also allow students to follow major themes and historical change,” said McLaughlin.

If you find are interested in signing up for this minor and gaining more insight on this topic, you can contact Dr. Mujic or Professor McLaughlin, who are both members of the history department. The department is looking forward to informing interested students and helping them take the next steps toward declaring an American history minor.

“We’re looking forward to having a diverse group of students from all the colleges taking our American history courses as part of the minor,” said McLaughlin.

More information can be found on Sacred Heart’s website on requirements and benefits of the new minor.



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HI-248-A ROMAN EMPIRE & CHRISTIANITY

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CJ-232-A0 POLICE COMMUNITY RELATIONS
CM-101-A0 INTRO TO MEDIA CULTURE
CM-257-A0 WOMEN & ADVERTISING
EX-253-A0 PATHOPHYSIOLOGY & PHARMACOLOGY
MK-201-A0 PRINCIPLES OF MARKETING
PH-221-A0 HISTORICAL DEV. OF PHILOSOPHY
PH-221-B0 HISTORICAL DEV. OF PHILOSOPHY
PS-110-A0 INTRODUCTION TO PSYCHOLOGY
PS-201-A0 RESEARCH DESIGN & ANALYSIS I
PS-211-A0 HUMAN SEXUALITY
PS-241-A0 PSYCHOLOGY OF PERSONALITY
PS-252-A0 CHILD DEVELOPMENT PSYCHOLOGY
PS-335-A0 HUMAN & ANIMAL LEARNING
PS-351-A0 BRAIN AND BEHAVIOR
SM-265-A0 SPORT MARKETING
TRS-265-A0 INTRO TO WORLD RELIGIONS

Session B: Dec. 21 - Jan. 15

Online

AN-110-A0 HUMAN CULTURAL DIVERSITY
CJ-246-A0 ORGANIZED CRIME
CM-299-A0 SOCIAL MEDIA AND BODY IMAGE
CS-106-A0 INTRO TO INFO TECH./BUSINESS
EC-202-A0 PRINCIPLES OF MICROECONOMICS
IS-272-A0 DYNAMICS OF INFO TECHNOLOGY
MGT-257-A0 BUSINESS ETHICS
MK-299-A0 SOCIAL MEDIA MARKETING
MU-102-A0 HISTORY OF JAZZ
PO-121-A0 INTRO TO AMERICAN GOVERNMENT
TRS-201-A0 INTRO TO THE OLD TESTAMENT
TRS-299-A0 PILGRIMAGES THEN AND NOW

Session C: Jan. 4 - Jan. 15

Fairfield

CM-102-A INTRO TO MEDIA PRODUCTIONS

Online

BI-103-A0 THE HUMAN BODY
CH-120-A0 DRUGS & THEIR IMPLICATIONS
CJ-209-A0 THE AMERICAN LEGAL SYSTEM
CM-101-A0 INTRO TO MEDIA CULTURE
CM-299-B0 ALCOHOL ADVERTISING
CS-100-A0 INTRO TO INFO TECHNOLOGY
DA-100-A0 INTRO TO DANCE HISTORY
EX-100-A0 INTRO TO EXERCISE SCIENCE
EX-255-A0 NUTRIT. ASPECTS/HEALTH & PERF
HI-223-A0 US HISTORY SINCE 1865
MGT-202-A0 ORGANIZATIONAL BEHAVIOR
MK-205-A0 ADVERTISING
MK-299-A0 CONSUMER BUYING & FASHION
PH-251-A0 INTRO TO ETHICS
PS-212-A0 ABNORMAL PSYCHOLOGY
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Arts & Entertainment

Giffords Inducted Into Broadcasting & Cable Hall of Fame

BY KELLY DALTON
Staff Reporter



AP PHOTO

KATHIE LEE GIFFORD WHILE ON THE "TODAY SHOW"

On Oct. 20, the Broadcast and Cable Hall of Fame honored Kathie Lee Gifford. She is a renowned host, singer, songwriter, comedian and actress.

At this event, Gifford mentioned her late husband Frank Gifford, a former football player for the New York Giants and television sports commentator, who passed away suddenly this past August.

Gifford currently appears on the "Today Show" with her co-host Hoda Kotb. She has been on the "Today Show" for a several years and hosts the fourth hour of the show.

Gifford is best known as a former co-host on the talk show "Live with Regis and Kathie Lee." She had been a co-host with Regis Philbin for 15 years. The show became very popular with audiences when it first started in the mid 1980s.

"Gifford is entertaining on the 'Today Show.' She has a very good career that lasted this long," said sophomore Evgenia Condolios.

In her career, Gifford has been nominated many times for an Emmy award. The "Today Show" won a Daytime Emmy award for Outstanding Morning Program in 2011 and 2012.

Gifford also launched her podcast in 2013 called "Kathie Lee & Company." For this podcast, which she continues to host, a friend joins her for a one-on-one conversation.

She has had other successes and achievements in her career. Gifford starred in a few movies such as "Model Behavior" and "Hercules: Zero to Hero." Her singing career included the release of albums "Everyone Has a Story" and "Heart of a Woman."

"Gifford is a type of person that is fun. She is a very good entertainer and has a wonderful personality," said Professor Joseph Alicastro, Coordinator of News and Broadcasting for the Masters of Communication Program.

Gifford has had a successful and varied career. She has

her own website, kathielegifford.com, which features information about Gifford's working career. She is continuously featured on Today News from NBCNews.com.

Gifford's website also shows what she does off the set. For example, Gifford devotes much of her time to the Association to Benefit Children as well as one of her favorite charities, City Meals on Wheels.

In her acceptance speech for the Broadcasting and Cable Hall of Fame award she said that her two greatest gifts were both of her children. That evening, Kathie Lee and Frank Gifford were both inductees into the Broadcasting Hall of Fame. Their children accepted the award on behalf of their late father.

"With all of her success, she is an intelligent and respectful person," said sophomore Kristina Payne.

Frank Gifford was also a notable sports broadcaster. He became an Emmy-winning broadcaster on "Monday Night Football" which he hosted for 27 years. He was inducted into the Pro Football Hall of Fame in 1977.

"He taught me so much," Gifford stated in an article on NBCNews.com. She said she was honored and happy to receive the award. She also said her favorite part of the night was that Frank was inducted as well.

Next year's Broadcast and Cable Hall of Fame ceremony is set for Oct. 18 - 20, 2016.

"The Force is Strong With This One"

BY LISA CARBONE
Staff Reporter

On Oct. 19, a sneak peak of the upcoming "Star Wars" trilogy was seen by those tuned in to ESPN's "Monday Night Football."

The trailer for "Star Wars Episode VII: The Force Awakens" premiered during a halftime commercial break of the broadcast of the NFL game between the New York Giants and Philadelphia Eagles.

According to StarWars.com, the trailer was viewed more than 112 million times online within 24 hours of its release. 16 million viewers tuned in to watch the trailer live during "Monday Night Football," making the initial total 128 million views.

"The trailer is a beautifully crafted, expertly paced piece of work. It hits all of the right notes for the general audience, the hardcore fans, and the people who have fond memories of the earlier films," said Dr. Sara Ross, associate professor of communication and media arts.

The newest film, set to be released in December, is the seventh film in the Star Wars saga.

According to StarWars.com, the movie is set about 30 years after the events of the last movie, "Star Wars Episode VI: Return of the Jedi." It will star a number of new characters, as well as some very familiar faces.

"Star Wars" fans have been waiting since 2005 for a new episode to be added to the series, and many are excited for the upcoming film.

"I have been a 'Star Wars' fan for a long time. So, I cannot wait until the new movie comes out. It is going to be a great movie," said sophomore Maeve McIntosh.

The original "Star Wars" trilogy consisted of "Star Wars," "The Empire Strikes Back," and "Return of the Jedi." The original three films were retitled with the release of the second trilogy; adding "Episode IV," "Episode V," and "Episode VI" respectively to their original titles.

The second trilogy a prequel series consisting of episodes I through III, was released in the late 1990s and early 2000s.

The first trilogy, originally released in

the late 1970s and early 1980s, focused on characters Luke Skywalker, Princess Leia, and Han Solo leading the Rebel Alliance to claim victory over the Empire and win freedom for the galaxy. The main focus of the first three episodes centered around Anakin Skywalker's descent to the dark side as he transformed from Jedi apprentice to eventually become Darth Vader.

The films created a literal 'empire' of fans, dedicated to watching the trilogies and following the storyline of a "galaxy far, far away."

"Back when I was 11, I was a 'Star Wars' kid. I thought [they were] the coolest movie[s]. They were innovative. They had special effects and no thrills. To me, that is what made it popular," said Professor Mark Edwards, Adjunct Professor of Communication and Media Arts.

The newest Star Wars film will continue the plot that originated in the first trilogy and fans are excited with anticipation.

"I'm very excited to see the new movie. It seems likely that [J.J. Abrams] will strike the right balance between honoring the best parts of the Star Wars saga while also creating a tightly constructed, lively story," said Ross.

The film will be directed by J.J. Abrams, who is popular for his work on films including "Star Trek Into Darkness," "Mission: Impossible III," and the television show "Lost."

The film will include the original three stars of Episodes IV through VI, Mark Hamill, Carrie Fisher, and Harrison Ford, reprising their roles as Luke Skywalker, Princess Leia, and Han Solo.

Although fans are not aware of the main plot of the film, some believe that Abrams will take a bit of creative freedom while staying true to the film's roots in elements and storyline.

"I think the new movie will be better and more interesting than the prequels. George Lucas left behind a lot of parts from the original trilogy that he did not like. J.J. Abrams likes those same parts, so he will highlight and use them in his movie. I think though, he will repeat the parts of the original movies that were popular to keep the fans happy," said Edwards.

"The Force Awakens" will be the first



AP PHOTO

installment of the newest Star Wars sequel trilogy.

Previously only short teaser trailers had been released. After the release of the full length trailer, some fans became even more excited to see the film this winter.

"I am so excited for the new movie. December cannot come fast enough for me," said senior Shaenna Taylor.

Following the release of the trailer, pre-order tickets were made available for purchase online. The advance ticket sales broke numerous records, including the

biggest-ever 24 hours for advance sales in numerous countries.

In the U.K., more than 200,000 tickets were sold in the first 24 hours of availability. Several ticket sales sites crashed due to the high demand.

"Star Wars: The Force Awakens" will premiere in theaters across North America on Dec. 18. To pre-order tickets visit fandango.com

Arts & Entertainment

“The Martian” Movie Review

Warning: Contains Spoilers

BY BRITTANY EGER
Staff Reporter

It didn't take long for “The Martian,” a novel by Andy Weir, to turn into a major motion picture after its publication in 2011. Directed by Ridley Scott, the film was introduced in theaters on Oct. 2. Actor Matt Damon stars as the movie's protagonist, Mark Watney.

On its opening weekend, according to Deadline.com, the movie made \$151.4 million, making it the second best opener of October. According to Entertainment Weekly's website, “The Martian” has made \$392 million worldwide.

The opening scene of the movie begins with an astronaut crew sent by NASA to collect samples of the planet Mars. They are the third crew to ever make a trip to Mars.

Unexpectedly, a dangerous storm takes place. As the crew runs back to the space craft, a large piece of debris hits one of their crew members, astronaut Watney.

The crew believes he is dead and decides to leave without him.

Little does the crew know that Watney is actually still alive. From that moment on, he is stranded on Mars. He is 140 million miles away from home.

It will take him another four years before the next crew can get to him.

In order to survive, Watney must find a way to communicate with NASA, and create enough food and water to last him the years he will be spending waiting on Mars.

“I'm going to have to science the s--- out of this,” said Watney.

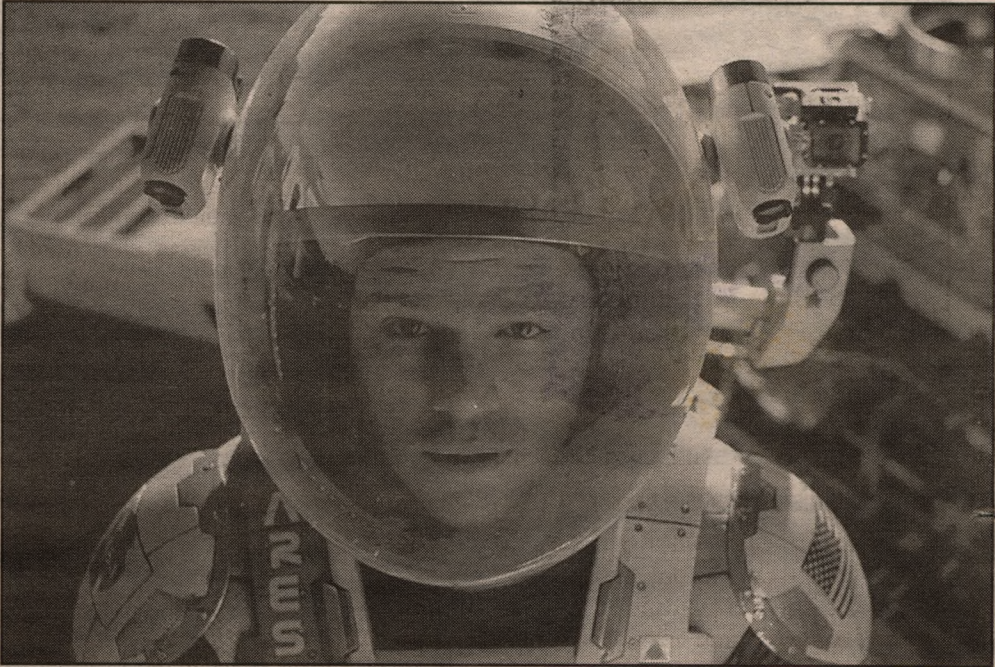
Watney is a botanist and also happens to be a genius. By using his scientific and mathematical skills he is able to grow crops on Mars, create water, and communicate with NASA.

It was fascinating to watch Watney combine his mathematical skills and his scientific skills to survive on a planet where no one has survived. It made the situation at hand very believable.

Once NASA discovers Watney is alive they begin developing a plan of how to bring him back home. After heavily strategizing and testing many different plans, NASA decides to have Watney's crew, who is already in space working on another mission, go back to rescue him. The crew agrees to add on another four years to their trip in space to help their fellow crew mate.

During the rescue, the crew had an extremely hard time trying to grab Watney from his ship. It seems as if he he may not make it home. Does he?

Screenwriter Drew Goddard did an excellent job of keeping many aspects of the movie



AP PHOTO

MATT DAMON STARS IN A SCI-FI THRILLER

faithful to the book.

I was surprised to see Damon do such an excellent job of displaying Watney's sense of humor, despair, hope, and genius all at the same time. It kept you at the edge of your seat for the entire movie.

Another refreshing surprise was the sense of humor that was apparent in the film. You would expect such a dramatic topic to have little to no humor involved.

Watney's wittiness throughout the movie really contributed to one of the movie's overlying themes: that you can either accept your fate, or you can start thinking and do something about it.

Overall the contrast between the drama and humor of the film was really nice and entertaining to watch.

“The Martian” is still playing in select theaters. To get tickets visit, www.fandango.com.

“Hello SHU, Can You Hear Me?”

BY MORGAN DEBELLE DUPLAN
Contributing Writer



AP PHOTO

ADELE'S NEW ALBUM HAS HER FANS IN AWE

Out with the old and in with the new.

Adele's fans are saying “Hello” to her newest single, “Hello,” which is the first single to be released from her forthcoming album.

“I absolutely love her song. She always sings with such raw emotion. It makes it so that you want to belt out and sing along,” said junior Amanda McQuire.

It's been four years since the release of her last album, “21.” The album was so successful in sales it was certified Diamond, meaning it sold over 10 million copies. The album had many hit singles such as “Rolling in the Deep,” “Someone Like You,” “Set Fire to the Rain,” and “Rumour Has It.”

On Oct. 21 Adele published on her Twitter account a photo of a letter she typed up addressed to her fans.

In the letter she said, “Turning 25 was a turning point for me...25 is about getting to know who I've become without realising. And I'm sorry it took so long, but you know, life happened.”

An article from CNN explains that over the past several years, Adele underwent surgery on her vocal chords, and was placed on vocal rest. Adele also gave birth to her first child, Angelo, in 2012.

“It's an awesome song because everyone can relate to it. It's a really strong song for her to sing after three years of not releasing a single,” said senior Caroline Norton.

The music video for “Hello” was released the same day as the single. According to YouTube, the video broke the record for a video with the most views within a 24-hour time period. “Hello” received over 27.7 million views. That record was previously held by Taylor Swift's music video for “Bad Blood” with 20.1 million views in 24 hours.

The album, titled “25,” is a reflection of Adele's life at that age. All of Adele's previous albums have been titled after formative years in her life which inspired her music. Her first album released was “19” in 2008.

According to a Billboard article, the tracklist for the album includes a total of 11 songs. Song titles include “I Miss You,” “When We Were Young,” and “Remedy.”

In her Twitter letter, Adele said, “My last record was a break-up record and if I would have to label this one I would call it a make-up record.”

“I can't wait to hear the rest of the album and see what records she breaks,” said senior Kailen Browning. “Her songs are so powerful and beautiful, I know the album will do well.”

“25” will be released on Nov. 21.

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Sports

Women's Golf Finishes Season Strong *Ties for Third at St. John's Invitational*

BY MARIAH WARDIUS
Staff Reporter

The Sacred Heart Women's Golf team, led by Head Coach Matthew McGreevy, concluded the fall season with this past week's tournament hosted by St. John's University. The Pioneers finished in a tie for third place with neighboring school Quinnipiac.

The tournament was played over the course of two days at St. Andrews Golf Club in Hudson, N.Y. The six competing teams included Hofstra, finishing first, followed by St. John's, Sacred Heart and Quinnipiac, then Hartford and lastly St. Francis-Brooklyn.

Junior Ellen Nighbor, named Northeast Conference Women's Golfer of the Month, proved to be a key player for the Pioneers. She finished second in the tournament overall. Nighbor has placed in the top five in four consecutive tournaments this fall, with the last two being second-place standing.

"For golf you really have to be individually focused at first to make sure you are putting up the best score for your team. Just focusing on managing yourself, managing your emotions, managing the way that you play your game, so that you can give the best score for your team," said Nighbor.

One of the many obstacles in golf is the variety of the courses that are played on and knowing how to adapt one's personal playing style to achieve maximum results. It is vital that practice rounds are played beforehand on tournament courses when traveling to gain a feel for the way it is to be played.

This adds an extra day to the team's usual tournament travel as the first day is a practice round, followed by the first round the next day and then the second round the following day. Getting on the course only once before the tournament leaves the home team with an advantage.

"[The course] was challenging. It was hard. I liked it because it wasn't really a course that suited my game personally as an individual, but I really like the challenge,"



SACRED HEART UNIVERSITY ATHLETIC COMMUNICATIONS

ELLEN NIGHBOR HAS BEEN A KEY PLAYER FOR THE PIONEERS.

said Nighbor.

Other influential players included sophomore Abigail Hood who finished in 10th place, freshman Chelsea Sedlar who tied for 13th, sophomore Alejandra Perez who finished in 20th, sophomore Estee Deschamps who tied for 22nd, and junior Meagan Bonner who finished 26th.

"I am very pleased with the fall season. Ellen Nighbor emerged as our leader and played very well throughout the entire fall. We are very optimistic for the off season and excited to get started with our spring schedule," said McGreevy.

The young team is optimistic about their future endeavors, but knows there is still room for improvement.

"I think we did alright this past week. We were three

strokes short of where we wanted to be. Three strokes short of winning, which was kind of frustrating, but I think that we're a young team and we have a lot of potential to really start winning soon. I think it's just another step for us," said Nighbor.

In working toward their goals, both individual and team, they are hoping to prevail in the upcoming season.

"I think we were on a level field with every team there and I think we definitely could have come out on top. We did significantly better than last year. It was a little rough last year so we, especially the ones returning, definitely made a lot of improvement which I'm really happy with," said Nighbor.

Wrestling Working Towards Winning Season

BY CHRIS CAIOZZO
Staff Reporter



OSEDEBAMEN IMEOKPARIA/SPECTRUM STAFF

PIONEER WRESTLERS PREPARE FOR A TOUGH SEASON AHEAD OF THEM

The Sacred Heart Wrestling team kicks off their season this weekend at the Binghamton Open at Binghamton University in New York.

"It's our third time around the block," said junior captain Conan Schuster.

Head coach Andy Lausier is entering his fourth season. He has recruited everyone currently on the team, and is expecting big things from his program this year.

"The difference between this year and last year's team is the attitude, the leadership of the team, the team spirit, and that all men are on board as a team," said Schuster.

Schuster is coming off a big last year, as he placed sixth at the Eastern Collegiate Wrestling Associations Championships. He defeated the previous year's runner-up in the process.

Last season, Schuster was 18-12 on that mat, and became Sacred Heart's first wrestler to place in the top six at the EIWA Championships.

On top of those accolades, Schuster was named an academic All-American by the National Wrestling Coaches Association, and earned the David A. Cameron Excellence Award.

As a team, the Pioneers finished with two wins and eight losses in dual matches (meaning one team versus another) and 15th as a team at the EIWA championships.

This year the 2016 NCAA Division I Wrestling Championship will be hosted by Madison Square Garden.

"That is where I want to be at the end of the year: wrestling at MSG," said sophomore Casey Mitchell.

Sacred Heart opens up the dual match schedule against Davidson at home on Dec. 8. Before that, they have three open tournaments at the University of Binghamton, the University of Albany (where they will be facing a nationally ranked team in Michigan) and the University of Pennsylvania.

"Wrestling is so unique because it's individual, and that's why every team is different," said Schuster. "They have their strengths and weaknesses at every weight class."

Coming off a season with only two wins, the team has several goals they hope to achieve in this season.

"Our goals are to gain experience, and to put into [practice] what we have been working on," said Schuster. "Myself and a couple of others have been here all summer working hard on conditioning and technique."

The Pioneers only graduated one senior last year, so the veteran presence is still on the team.

With the Binghamton Open coming up, the team is looking to get adjusted to the 10 new freshmen on the team.

"It's a good experience for them to get a taste of Division I wrestling. It's a big bump from high school," said Schuster.

Both Mitchell and Schuster can already tell this year is going to be different from last year.

"From the 6 a.m. lift, to the sprints after practice, the energy is there and everyone is yelling and laughing at each other," said Schuster.

The team comes in with a strong junior class.

"That's one of our strengths: having a big junior lineup with our big sophomore class," said Schuster.

Despite their strengths the team is still working hard to address its weaknesses. Coming off a two win season, the Pioneers are still trying to see what they have to fix before this year's opener.

"The weaknesses are getting fixed very quickly," said Schuster. "For example, someone with not that much experience from last year will be starting."

According to players on the team, the strong lineup that the Pioneers are bringing out is all a credit to Coach Lausier.

"Coach has done an awesome job bringing some great talent to this team," said Mitchell. As one of the captains of the team, Schuster has high hopes for the Pioneers this season.

"I just hope the underclassmen take this year to gain experience," said Schuster.

A Division I wrestling schedule may sound like a daunting task. Nevertheless, Sacred Heart's men's team is doing all they can to make sure their hard training serves them well come the EIWA Championships in March.

Sports

World Series Recaps From The Spectrum Sports Editors

BY SHAWN SAILER & ANTHONY SANTINO
Sports Editor & Asst. Sports Editor

SHAWN'S RECAP:

Party like it's 1985. The Kansas City Royals are World Series Champions. The Royals defeated the New York Mets four games to one in the best-of-seven World Series.

In game one, the Royals defeated the Mets 5-4 in 14 innings. The Mets had a 4-3 lead heading to the bottom of the ninth. That lead evaporated when Alex Gordon homered off Jeury's Familia to tie the game at 4. Kansas City won on a walk-off sacrifice fly to right field by Eric Hosmer. The Mets had game one there for the taking and Familia had been great during the regular season and the earlier rounds of the playoffs, but couldn't finish the job.

In the regular season, the Mets had been 74-6 when leading after seven innings. It was a gut-wrenching game that the Mets should have won as they outplayed Kansas City. When you are outs away from winning and don't, and end up playing a game that length, it makes you wonder how the Mets would come out in game two.

Well, the Mets came out flat as the Royals dominated in game two. Johnny Cueto threw a two-hitter as Kansas City came away with a 7-1 win. Offensively, they were led by a plethora of their young stars. After the Mets took a 1-0 lead, the Royals put up seven unanswered. They scored four in the fifth and three in the eighth. Alcides Escobar, Eric Hosmer and Mike Moustakas each collected two hits. Escobar and Hosmer each drove in two runs apiece as well.

The Mets were going home and they needed a big performance.

Game three was a big bounce back performance for the Mets. In the first World Series game in Citi Field history, the Mets came to play. New York pounded out 12 hits and nine runs as they defeated the Royals 9-3. The Mets' captain, David Wright, had two hits and four runs batted in and Curtis Granderson had two hits and two runs batted in. Noah Syndergaard threw six innings of three run baseball and the bullpen threw three perfect innings.

The Mets and their fans have waited a long time for the team to win a game in the World Series. The last time they were in the Fall Classic was 2000, when they lost to the Yankees in five games.

In game four, the Mets took a 2-0 lead into the fifth as Michael Conforto homered and Granderson hit a sacrifice fly in the third inning. Kansas City got on the board in the fifth when Gordon singled in Escobar. Conforto hit his

second home run of the game in the bottom of the inning to extend the Mets lead to 3-1. The Royals got a run in the sixth, but it was the eighth inning where the game would change.

After Tyler Clippard put two men on base, Familia came in. He got Hosmer to hit a ground ball to second base that went under Daniel Murphy's glove which allowed the Royals to tie the game at three. A lot of people on social media compared it to Bill Buckner's error for the Boston Red Sox in the 1986 World Series against the Mets. The flood gates then opened as Familia allowed run scoring base hits to the next two batters and the Royals took a 5-3 lead.

The Mets had a chance in the bottom of the ninth after Murphy and Yoenis Cespedes singled with one out. Lucas Duda was the next batter. A double in the gap would tie the game. Duda hit a low line drive to third base that that grabbed by Moustakas. For some reason, Cespedes ran on contact and got doubled off of first base to end the game.

Curtis Granderson led off the bottom of the first inning of game five with a homerun to put the Mets up 1-0. The Mets got an insurance run on a sacrifice fly by Duda in the sixth.

Matt Harvey was dealing through eight innings. In the ninth he allowed a leadoff walk followed up by a double to left-field by Hosmer to cut the Mets lead to 2-1. Kansas City tied the game on a ground out to third. There was some great base running by Hosmer; after Wright looked him back, he dashed for home as Wright made throw to first. Duda's throw was wide which allowed Hosmer to tie the game.

Game five was yet another game that went extra innings in this World Series. The game would go deep into the night. In the 12th inning, Salvador Perez singled. Jerrod Dyson pinch ran, stole second, and then moved to third on a ground out. Christian Colon then singled to left to give the Royals a 3-2 lead. The Royals added four more runs to open up a five run lead.

Wade Davis would come on for the bottom of the twelfth and finish off the Mets in game five and in the World Series.

ANTHONY'S RECAP:

With a Wilmer Flores strikeout in the bottom of the twelfth inning, the New York Mets' 2015 season came to a close.

If you told this to a supporter of the club who is coming out of a coma, they would think that season ending at bat happened in the last game of a turbulent regular season.

But much to the surprise of most baseball fans, and even me as a Mets fan, the strikeout was in Game 5 of the World Series.

We were in the World Series?

I went to Game 4 at Citi Field, and I still find it hard to believe that it actually happened. After all, it's been 15 years since the team has been in the October Classic (back when they were led by our Sacred Heart Athletic Director, Bobby Valentine).

Still, as shocking as it is, this Mets team underwent a transformation between the start of the season in April and the All Star break that made possible their unlikely run.

Everyone in and around Major League Baseball knew coming into the season the Mets had a lethal arsenal of pitching. The names Matt Harvey, Jacob deGrom, and Noah Syndergaard are three of the most feared in the game. And he may not be an "ace" anymore, but the aging Bartolo Colon still provided some quality starts through craftiness.

What everyone doubted was the offense: the team's classic liability dating back to the great hope of 2006.

Sure, there was Curtis Granderson, who has been getting more and more savvy at the dish, proving himself to be the leadoff hitter we want. And then there was the power of Duda, the experience of Wright, D'Arnaud's promise coming to fruition, and so on.

Up to that point, the Mets had a few solid winning stretches, but stability at the plate was not there. There was still the classic Harvey, deGrom, or Syndergaard pitching five, six, or seven brilliant innings before the pen or the offense let them down.

But when that July trade deadline was past, and the Mets had acquired Yoenis Cespedes from the Tigers, as well as Kelly Johnson and Juan Uribe from the Braves, the Mets went on a tear. Out of nowhere, they became a hitting team.

Cespedes came out of the gate hot, displaying his power to such a degree that he was getting calls for NL MVP consideration. I had to be pinched to see if it was a dream.

Baseball fans will also recall the trade that never happened, which left lifelong Met Wilmer Flores in tears as he thought he was being shipped off to the Brewers. 48 hours later, he hit a walkoff home run to get the Mets a win.

So the trade deadline did true wonders for Flushing, New York's resident ball club.

And shout out to Daniel Murphy for his heroics too.

Although no one wants to see their team lose in the World Series, I'm happy mine even made it. Let's go Mets.

Fencing Teams Prepare For Big Season

BY WILLIAM CALLAHAN
Staff Reporter

The Sacred Heart men's and women's fencing teams have become synonymous with winning and success. Their goal this year is to sustain that winning atmosphere they have created.

The team will be undergoing a transitional phase as 10 of 18 starters from the previous season have graduated.

"Our biggest goal for this year is to get the upcoming freshmen up to speed," said Head Coach Thomas Vabel. "We've had a good preseason and progress has been made, but it's only when you get into competition where you really start to see where you are."

The men's fencing team is gunning for a seventh consecutive NEC conference title this season. They are led by junior captain Cody Richard.

Richard has been a part of the last two of six straight NEC champion teams the Sacred Heart men's team have had.

"Obviously a seventh conference championship would be great," said Richard. "We've won two since I've been here and I would like to have four rings by the time I graduate."

While the men's fencing team is focused on winning another conference title, they also look to improve on last year's finish in the NCAA Fencing Championships. They finished 13th place overall.

"Qualifying at least two or three people for the NCAA championships is another goal we have," said Richard. "We've started a trend with that in the last couple of years and that would be great, if we can keep that up."

Richard was also a key part of the men's epee team that were national squad champions a season ago. Overall, the entire men's fencing team was ranked 16th nationally.

"We had such a successful season last year so if we get close to where we were I'll be really happy," said Vabel.

"Like every year, we shouldn't ever do well based off what's on paper," said Richard. "But the truth is you can't base anything on paper and I think we'll win again."

Richard's tasks this season not only include winning another title, but also includes mentoring the incoming freshman. This will be Richard's first year as captain.

"It definitely puts a lot more pressure on me," said Richard. "Last year I wasn't captain, and this year I am, so I'm looking forward to help the team in whatever way I can to win."

"I have to give them an environment in which they can succeed and grow as fencers," said Richard. "I have to be someone who's tough but I also have to be someone they can come to and talk to."

Over on the women's side, they are looking to build off their second place finish in their conference last season. They are led by junior captain Julia Greene.

Greene has racked up numerous accolades in her fencing career at Sacred Heart. Last year alone, she was Northeast

Fencing Conference Player of the Year, winner of the Big Kickoff Tournament, and she was a New England champion.

"She's been a great star for us and a great leader," said Vabel. "We're very excited that she is going to be the team captain for the next two years."

Greene has also qualified for the NCAA championships in both her freshman and sophomore seasons.

As a freshman, Greene was part of the women's team that won Sacred Heart's first ever conference championship.

"My goal is to have the team to win again," said Greene. "We just missed winning last year but I'm looking forward to winning it this year."

"Half of our team are freshmen so getting them accustomed to the family atmosphere is something we're striving for this year," said Greene. "The team really has to come together and work together to establish the fundamentals of winning that our previous teams have had."

Like Richard, Greene is entering her first season as captain.

"Getting everyone on the same page has been difficult," said Greene. "Everyone has different fencing styles and personalities but once we have our first meet I think everyone will see the picture."

The fencing team's first tournament, the Big One Tournament, will be Nov. 7 at Smith College in Massachusetts.

Sports



MEMBERS OF THE KANSAS CITY ROYALS CELEBRATE AFTER GAME 5 OF THE MLB WORLD SERIES AGAINST THE NEW YORK METS MONDAY, IN NEW YORK. THE ROYALS WON 7-2 TO WIN THE SERIES.

PETER MORAGN / AP